

**P**     **TRIC INTRAMEDULLARY NAIL AND METHOD**

**ABSTRACT OF THE DISCLOSURE**

An intramedullary nail (20) and related method for fixing a fracture in a long bone. The nail (20) comprises an elongate member (22) having a longitudinal axis (54), a proximal end section (32), a distal end section (34) and a solid central section (24) extending between the proximal and distal end sections (32, 34). The proximal and distal end sections (32, 34) respectively include proximal and distal fastener receiving areas (28, 30) of greater cross sectional dimensions than the central section (24). Each fastener receiving area (28, 30) includes at least one hole (50, 52) extending transverse to the longitudinal axis for receiving a cross fastener (110) adapted to secure to the bone on opposite sides of the elongate member (22). The proximal and distal end sections (32, 34) thereby provide rigid anchoring locations relative to the central section (24) and the central section provides flexibility to promote healing of the fracture.